







## Home Course in Health Culture

### III—Pure Food in the Home

By EUGENE L. FISK, M. D.  
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It should be remembered that hygiene, like charity, begins at home. It is proper to urge upon the government the enactment of pure food laws and a thorough enforcement of the same, but the household government should also be vigilant in the matter of selecting foods and keeping them pure in the interval before they are eaten. It should also be borne in mind that pure food can be rendered poisonous by bad cooking and that the conditions under which food is eaten may render the finest materials either innocuous or positively harmful.

Food should be selected with due regard to the appetites and tastes of the family, so far as such tastes are not

thickly coated with grease, but an excess of fat spread out over the lining of the stomach retards the secretion of gastric juice.

#### Protection of Food.

The article of food most likely to be contaminated by disease germs is milk. The bureau of animal industry has formulated fifty rules for the guidance of milk dealers or dairymen. People who keep their own cows would do well to secure a set of these rules. However, they prescribe clean houses and care in the handling of milk as well as proper treatment, housing and feeding of cows. Scrupulous care should be exercised in keeping clean all utensils in which milk is used. Milk from a doubtful source should be boiled or pasteurized before use. Milk preservatives with formalin or other chemicals should not be used. Iceboxes should be regularly cleaned with hot soap solution or strong solution of soda. Ice often contains germs and spores which multiply as soon as they get in a warm temperature.

Food should never be exposed to cold air, and it should be kept in a cool place, such as a refrigerator, etc., as these pests often act as germ carriers. Nothing is so harrowing to the soul of a modern physician as a kitchen filled with hanging flies while food is left standing around, inviting these germ carriers to alight and promenade.

Cats and dogs should not be allowed in the kitchen, and the less they are to the house the better. They are excellent germ carriers.

#### Food Adulterants.

Many food adulterants have little influence on health, except in so far as they substitute inert or unappetizing material for that which is nourishing and of appealing flavor. Other adulterants, however, are directly injurious because of their chemical effect.

Some of the more common adulterants are as follows:

**Milk.**—Water has probably been added ever since there was a milkman; harmful by decreasing nutritive value. Various preservatives, as salicylic acid, formalin, boracic acid, are also used and are injurious.

**Butter.**—Sometimes adulterated with other fats, which possibly render it less digestible.

**Lard.**—Cottonseed oil is the most common adulterant to superior lard. Canned Vegetables.—Salts of copper and zinc are often used to impart a brilliant green color. The normal color of green peas, beans, etc., is a dull green. The brilliant hue varieties should be avoided, as they may contain arsenic, copper or prove unhealthful.

**Jellies, Jams, Etc.**—Aniline dyes are often used to give bright colors. Such preservatives are of no value in preventing decay, but they are of the brilliancy of the coloring. Preservatives are also used, as boric acid, salicylic acid and benzoic acid.

**Beer.**—Salicylic acid. **Salicylic acid.**—Aniline dyes. **Coffee.**—Clay, spices, prunes, cocoanut shells.

**Olive Oil.**—Cottonseed oil. **Milk, Poultry and Fish.**—Borax and other chemicals are used to preserve them. Many of the coloring matters, preservatives and adulterants are not prejudicial to health, but unless their

presence is stated the public is victimized and cannot exercise the right of choice as to whether or not to eat a berry soda containing enough aniline dye to the pleasant to color a piece of bannet five inches square or go thirsty.

**Digestibility of Foods.**—Undigested food may be far more injurious than many of the adulterants or preservatives above mentioned. It is wise, therefore, to give some thought to the relative digestibility of various classes of food, especially if one's occupation is sedentary.

**Pork.**—Whether fresh or in managed form, pork is indigestible and therefore inferior in nutritive value. Furthermore, it is liable to contain dangerous parasites, "trichina" and "tapeworms." The tapeworms of pork should not be eaten except in the form of bacon or ham. If compelled to eat it, cook it thoroughly.

The following is a list of foods in the order of their digestibility. It should be remembered that this list holds good for the average individual. Some people have strange antipathies or idiosyncrasies against certain articles of food, which they cannot for that reason digest.

Roast beef, sweetbreads, boiled chicken, reuben, soft boiled eggs, new turkey cheese, roast fowl, turkey, portridge and pheasant, lamb, wild duck, oysters, periwinkle, omelette, tripe, boiled kale, haddock, skate, trout, perch, roast beef, boiled beef, "rump steak," roast "veal," boiled "veal," rabbit, salmon, cod, herring, pickled, sprat, hard boiled and fried eggs, pigeon, hare, duck, goose, fried fish, roast and boiled pork, heart, liver, kidneys, lobster, salted fish, etc.

#### Cook's Letter to His Pal.

Dear Bill, I takes me pen in hand to drop a line to you. Blessin' on you for bein' healthy and enjoyin' freedom too.

Would say to you I ain't no more cook, but I am the old day. I cracked me last crop week before last, Independence day.

I now make speeches every night. They often fall for my electioneering. A-gossipin', tartin', for the right day, wearin' these young huns.

When I read the downward road that these new fellers has walked, but can't catch their sinful lead. All at that line of talk.

"Reformed!" I thinks I hears you say. Well, no-me mind ain't changed—'I'm startin' these new gars away. Our gruff-a-gittin' crowded. JIM.

—Cleveland Leader.

#### Chickens a la Mode.

Freddie was visiting relatives in Canada, and his mother constantly besought him to be on his good behavior and to avoid saying anything that might give offense. One day when his aunt asked him at luncheon if he would have some curried chicken he could not help showing his surprise.

"Why, auntie, I can't really say," was his reply. "You see, down in the States we don't curvy our chickens—we pick 'em."—St. Paul Dispatch.

#### The Old Roller Towel.

Roll on, thou old and dark old towel—roll! A hundred hands are wiped on each day.

Thou barest mystic records like a scroll! And finger prints of all who passed thy way.

And were they those that said thou shouldst not stay? The New York traveling man who beds his home.

The Kansas people who did sterner say, "Each hand towel count's not the expense." They pass, but thou still roll'st thy length, homeward.

—Judge.

#### Close By.

"Luckily you didn't have a home to mortgage when you bought your automobile."

"No; but I did the next fashionable thing."

"What was that?"

"I bought it through a building and loan association."—St. Louis Post-Dispatch.

#### Poetry and Pickles.

O woman, in our hours of ease, Underneath a parasol, in peace, And in our hours of pain, With all our faults on you to blame, Give sweet, anemic and drivin' around our lives your own you twine, Until the ground's shadow, cast Upon the snowy plane, foretells That spring comes laughing up the dell!—Benjamin Ward in Atlanta Constitution.

#### Liked the Cackle.

Little Eleanor, who was very fond of chickens, stood crying over a dead rooster. "What's that something good ought to be said," she remarked between her sobs.

"It was always so glad when one of the hens laid an egg."—Delicatore.

#### Where He Failed.

He could not tell you where he failed. With a word on the track Every pugilist, of course, Had failed in the same way. In golf he knew the same. But he couldn't keep abreast Of the aviation game. —Denver Republican.

#### Suspicious.

"Henry," said the small boy's mother, "I wish you would see to Willie."

"What's the matter?"

"I strongly suspect he's using his athletic clothes as an excuse for not properly dressing himself in the morning."—Washington Star.

#### The Three Sweetest Words.

"Three sweetest words? They are, my neck. That lovely phrase 'Inclosed and checked.'"—Chicago Tribune.

#### Don't Mind It Now.

"This doesn't smell like the last gasoline I had," said the man who recently bought an automobile.

"It's all right, sir," said the garage man. "You're getting used to the gas."—Yonkers Statesman.

#### Nautical Nugh.

A nautical person named Hugh. When informed that his cap was stolen, cried: "Avast there! Sail-y!"

Because it is picturesque! —Lippincott's.

#### Last News.

The Minister-in-the next world. Tommy, the last shall be first.

Tommy-Ray, won't shine when the minister comes to supper at our house up there!—Puck.

#### Goldsmith Amended.

It fares me hard to have my say When poetasters accumulate and letuce decay.

#### One or the Other.

"What state are you from?"

"Michigan."

"What's your line, automobiles or bestin food?"—Chicago Record-Herald.

## GOOD COLD CREAMS.

### Formulas For Making Your Own Compounds.

To make your own getting a cold cream in which there are no animal oils many women like to compound their own massage creams.

They often fail to get results from a good recipe by not understanding the art of compounding. All cold creams are made in the same way. The fatty substances are put in a double boiler and melted, stirring constantly. When all are melted turn out in a bowl and stir, scraping down from sides.

The chief trouble comes in adding the extracts and astringents, which must be added gradually when the fatty base is partially cold. Add first any perfumed waters, drop by drop, beating constantly with a silver fork. Then all things but extracts last of all. These go in drop by drop also.

A fat wire egg beater can be used successfully when a large amount of the mixture is being made up, and one woman swears by a mayonnaise mixer for compounding her toilet creams.

Here is a recipe that can be used freely without fear of becoming bored or fuzzy: Eight tablespoonfuls each of almond oil and rosewater, two tablespoonfuls each of white wax and spermaceti, a teaspoonful of tincture of benzoin.

Melt the oil, then add the wax and spermaceti, and when nearly cold from beating add the rosewater drop by drop, then the benzoin.

Discarded cheese jars of porcelain are nice to pack this cream in. They have just trimmed the jar in small jars, so that in use it does not get germ filled by constant opening.

### Eggplant Recipes.

**Fried Eggplant.**—Take two young eggplants, slice thin and even and lay them in milk when you have been treating so long for liver trouble, has died of stomach trouble," said one of the physician's patients.

"Don't you believe all you hear," replied the doctor. "When I treat a man for liver trouble he dies of liver trouble."—Everybody's Magazine.

### Triumphal Optimism.

Sister's eloped with the "shaver." She might have married a "cow." As for the state of eternal punishment really is. Now, what's your idea of hell?

The Chauffeur—Haydn, to drive a horse car for a living!—Exchange.

### The Worst He Knew.

The Butler—You know, George, that different people have different conceptions of what the state of eternal punishment really is. Now, what's your idea of hell?

The Chauffeur—Haydn, to drive a horse car for a living!—Exchange.

### The Burglar's Waterloo.

The burglar had slipped under the bed. As for the state of eternal punishment really is. Now, what's your idea of hell?

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### A Suspicion.

"What is a political rainbow chaser?"

"There are various kinds," replied Senator Sorghum, "although I suspect that most of them are more or less influenced by the legend that every rainbow has a pot of gold at the end of it."—Washington Star.

### Chanticleer.

Billy's name him from a hatpin. He's no Willie, but a hatpin. Mother sports him as a show chapp. The chicken will not be a chicken. Place in a fine wire broiler and broil over a clean fire until a nice brown on both sides. It will take only three minutes for each side. These may be served for a breakfast dish with garnish of crisp brown bacon chips or for luncheon with cold tomato catchup or sliced tomatoes.

### Potatoes O'Brien.

Cut four good sized pared potatoes into pieces. Scald in a little oil, let stand in ice water an hour or longer, then dry thoroughly. Fry in hot, deep fat for ten minutes and drain thoroughly. Melt one tablespoonful of butter in a frying pan. Add the potatoes, three sweet red peppers, cut in tiny squares, and half a teaspoonful of salt. Let cook ten minutes, turning them meanwhile. Serve in a hot dish.

### An Attractive Dessert.

Join together four sugar wafers with a little frosting, says Table Talk.

### SUGAR WAFER CAKES FILLED WITH ICE CREAM.

Serve on a dainty dish. Fill with ice cream. Top with whipped cream, as illustrated.

### To Save Your Back.

If in dressing when cutting out, trimming up seams, etc., you will spread a sheet or other large piece of material on the floor it will catch all the threads and pieces and is not taken up and shaken. It saves sewing and stitching, therefore your carpet and back.

### No Wonder.

The ancients thought the world was flat. I'm really not surprised at that. We find it flat, I dare say, if we were living in their day.

No wonder, they had no stone then. No ships to delight the men, no pipes to smoke and no cigars. No cocktails served at handsome bars. No bridge to play and no pink tea. No music to soothe for the soul. No yodels and no fads. No music to soothe the soul, no artful perfume to attack, no pipes to smoke and no cigars. No end seat hogs with manners rude. No monkeying with the price of food. No ice suits, no cold storage eggs. No bunks steers and no fags. No troupy cars with clang and wail. No teary to keep things stirr'd. No, it is any wonder that the ancients thought the world was flat!—Boston Transcript.

### Worthy of Support.

Mr. Greubard—shall run for reelection again next fall, and I presume I shall have your vote? Citizens dubiously—Well—I dunno.

"What, you don't know? Why, sir, I saved the taxpayers \$500,000 this year."

"Eh? How?"

"By not stealing it, of course."—New York Weekly.

### Fishing Today.

The boy with pole and string and pin. The expert with his book of fish. Are watching for the flash of fin. Along the streams where shadow lies. Bites may not come to him who tries. Ever so hard, but still we say. With red-tail snappers in our way. "The fishing season starts today."

### A Dead Shot on Livers.

"I hear, doctor, that my friend Brown, who you have been treating so long for liver trouble, has died of stomach trouble," said one of the physician's patients.

"Don't you believe all you hear," replied the doctor. "When I treat a man for liver trouble he dies of liver trouble."—Everybody's Magazine.

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## For the Children

Comic Faced Rattles Used by the Haidas.

Recently there was placed in the collection of the British museum the queer looking object shown in the above illustration. It is a dancing rattle and is used by a tribe known as the Haidas, who live in the Queen Charlotte islands. These people carve the rattles from wood, and they are usually cut to show funny faces. They are generally so comical that they would make the most serious laugh. The Haidas use them in their dances, beating time as they whirl and caper. The specimen brought to England excited no end of curiosity and laughter. Those who have witnessed the dance of the Haidas say the effect is ludicrous almost beyond description.

### Clever Spider.

A naturally cool spider from a web under the basement of a mill, put him on a chip of wood and set him about on the quiet waters of the pond. He walked all about the sides of his bark, surveying the situation very carefully, and when the fact that he was really about and about a yard from the water, he stepped forward and he looked out for the nearest land.

This point fairly settled upon, he immediately began to cast a web for it. He wove it in the air and in the air and with the wind. It soon reached the shore and made fast to the spiral of grass. Then he turned himself about to turn firm, and his way home.

He had laid over his head on his side. Carefully he drew upon it until his back began to move toward shore. As he moved the faster, he the faster drew upon it to keep his hawser taut and from touching the water. Very soon he reached the shore and, quickly leaping to terra firma, sped his way homeward.

Thinking that he might be a special expert in that line of boatmanship to the rest of his companions, the naturalist tried several spiders. They all came to shore in like manner.

### The First Writing Pen.

The reed, which was the first pen in use, was a sort of bamboo, cut in many parts of the east. These reeds were cut in the manner of a quill and are still used in lands where the people write the Arabic characters. Nations which have adopted the Chinese characters use a camel's hair pencil, which is held perpendicularly in the hand. This would seem little adapted for rapid writing, yet the Chinese write their complicated characters by means of these implements with a rapidity seldom equaled by European writers.

### A Quasi-Country.

An explorer recently returned from the middle of Asia, where he had visited a land that no other white man has seen. It was a land of great beauty. The weather was cold in winter and warm in summer, flowers grew in the spring and snow fell in January, but it was not a land of great beauty.

The people that he had told about this strange land would not believe that he was telling the truth. —Chicago News.

### Minnie and Winnie.

Minnie and Winnie. Sleep, little ladies. Sleep, little ladies. And they slept well.

Pink was the shell within, Silver was the outside. Bounds of the great sea.

Wandered about. Sleep, little ladies. Woke not soon. Die to the moon.

Two bright stars. Shined upon the boat. Out of the craft. Woke the ladies. The sun is asleep.

Started a green insect Out of the craft. Woke the ladies. The sun is asleep.

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Millinery Opening, Saturday, September  
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line of Riely's Tailor-Made Waists, Cor-  
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We will allow train fare from Frank or  
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to the amount of \$5.00.

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guest.

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steel blue stones, not that white  
kind. Prices very reasonable,  
and on par with any jewelry  
store in Canada. These run  
from \$75 to \$225 each. We will  
arrange terms if wanted.  
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**"41" MARKET**  
**COMPANY**

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Special attention given to the  
Wholesale Trade.

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**Rooms**

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Corner 6th Ave. & Dearborn St

Rooms Large and Wholesome  
- Table Board The Best -  
Rates: - Board & Room \$30 to \$35  
Meal Tickets, \$6.00

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**J. D. S. BARRETT, Editor.**  
**W. J. BARTLETT, Manager.**

Frank, Alta., Friday, Feb. 3, '11

**Editorial Brieflets**

The hearing of the Chinese  
immigration commission before  
Mr. Justice Dennis Murphy, at  
Vancouver, is increasing in in-  
terest and has already incited  
several sensational features.

The ice man wears a sad and  
discontented look, these days,  
and grieves over empty coffers,  
while the coal man, with bulged  
gins, carries a smile which  
changes as often as the C. P.  
R. trains arrive on time.

Percy Porter, of Coleman,  
has just become part heir to  
\$145,000. Percy has resigned his  
position as porter and assis-  
tant bar tender at the Grand  
Union Hotel and will no longer  
dispense porter at the bar of  
that popular hostelry.

As an item of scientific inter-  
est it might be noted that a  
feat of strength that would  
build the pyramids is wasted  
every year in this province by  
people holding up hymn books  
who don't know a b-flat note  
from the howl of a brindle cat.

Prince Edward Island may  
soon experience the same politi-  
cal crisis that Newfoundland  
found herself into after the  
general elections of 1908 when  
the Liberals and Conservatives  
had an equal number of repre-  
sentatives in the house. P. E.  
I. has now 16 Liberals and 14  
Tories. One of the Liberals is  
about to resign and a bye-elec-  
tion will take place when, it is  
believed, a Tory will be elected  
and the parties will be tied.

**Here and There**

Diamonds and Emeralds set  
in hoop style 14k and 18k  
Rings. A fine selection just  
received, running from \$1.00 to  
\$1.75 at SOMERTON BROS.,  
Frank, Alta.

A large eagle, rayenous with  
hunger, last week attacked and  
killed a deer at Quabbin Lake,  
Enfield, Mass.

If you want any engraving  
done in the most up-to-date  
manner and while you wait, we  
can do it at half the price you  
would pay elsewhere. - SOMER-  
TON BROS., Frank.

John P. White, of Osatooos, Ia.,  
has just been elected international  
president of the United Mine  
Workers of America, by a majority  
of 26,743 votes over Thomas L.  
Lewis, the present international  
president, who relinquishes office  
on April 1.

An awful bunch of Alarm  
Clocks, regular \$1.25 kind, for  
65c, and the \$2.50 ones at \$2.00.  
You can buy as many as you  
like of these but no loss than  
one sold at a time. - SOMER-  
TON BROS., Frank.

**Empire Restaurant**

Serves as good meals as  
any place in the Pass at  
all hours, on short notice  
and at moderate prices.

Frank - Alberta

## Happenings in and Around Blair- more

F. Pendergrast has returned  
from Calgary.

J. E. Upton was in from Pincher  
Creek on Saturday.

Robert Lake, of Calgary, was a  
visitor in Blairmore on Sunday.

Mr. and Mrs. C. F. Sedgwick  
came in from South Fork on Wed-  
nesday.

F. M. Steele, of Woods & Steele,  
Pincher Creek, was in town on  
Saturday.

John Carroll arrived in town on  
Tuesday from Macleod with a  
custodian.

Sergt. W. Haslett came up from  
Macleod on Tuesday and returned  
home on Wednesday.

The regular meeting of the  
board of trade will be held on  
Monday evening next.

F. Woodyard, construction fore-  
man for P. Burns & Co., came in  
from Calgary on Saturday.

Mr. Beard, inspector of the  
Union bank, was in town this  
week performing the duties of his  
office.

Rev. A. J. Langlois was at Lillo  
on Sunday. He reports snow  
deep along the road and walking  
very tiresome.

J. R. Milligan, who recently sold  
his interest in the Alberta hotel,  
arrived in town from Purple  
Springs on Sunday.

Two drunk and disorderly cases  
came before Justice Pinkney at  
the police court on Monday and  
were each fined \$5.00 and costs.

J. A. Van Wie, of Minneapolis,  
came to town on Friday to com-  
plete arrangements for the scenery  
for Blairmore's new opera house.  
Wellington Lodge, No. 2224, L.  
O. A., will meet in the I. O. O. F.  
hall tomorrow (Friday) evening.  
All visiting brethren are invited to  
attend.

Mr. and Mrs. Fred McLaren's  
little girl underwent a successful  
operation on Saturday for an ab-  
sence of the glands of the neck, and  
is doing well.

Daniel Vokemere and Frank  
Greco will give a dance in the  
latter's brick building on Saturday  
evening next. Good music will be  
rendered and a good time is as-  
sured.

The hockey matches which were  
to come off on Saturday between  
Frank and Coleman, and Blair-  
more and Michel, did not take  
place on account of the inclemency  
of the weather.

The C. P. R. are giving us very  
poor service these days, which is  
due to the cold and stormy wea-  
ther on the prairies. The first  
through train to arrive from the  
East since Sunday reached Blair-  
more last night (Wednesday).

The Central Baptist Church is  
now made comfortable in the  
coldest weather. The heating ap-  
paratus has been overhauled and  
also a large stove, as an auxiliary,  
has been put in the auditorium.  
Remember the services by coming  
both morning and evening.

An Austrian family, which re-  
cently came to Blairmore and  
which is in straitened circum-  
stances, had a child die last week.  
Frayer & Sinclair kindly furnished  
them with a coffin. The town will  
be asked to pay for digging the  
grave and to defray the other ex-  
penses connected with the funeral.

Do you know that croup can be  
prevented? Give Chamberlain's  
Cough Remedy as soon as the child  
becomes hoarse or even after the  
croupy cough appears and it will  
even prevent the attack. It is also  
a certain cure for croup and has  
never been known to fail. Sold by  
dealers every where.

## The "2" Big Stores



USEFUL THINGS

for every household, office or place  
of business are contained in our fine  
assortment of First Quality Hard-  
ware. The want of a hammer, saw,  
file or wrench has delayed many a  
much needed improvement. The  
possession of a complete set of tools  
acts as an incentive to make bene-  
ficial alterations about the house.  
We sell everything in the hardware  
line, and our prices are very moder-  
ate.

Watch our "ad" and window each week. It will pay you.

**The Crows Nest Pass Hardware Co.**  
**Limited**

Blairmore - - - Frank.

**THE INTERNATIONAL COAL AND COKE CO., LTD.**

Operates the Denison Collieries  
**AT COLEMAN, ALBERTA.**

**Mines High Grade Steam**  
**and Coking Coal.**

**Manufacturers of the Best**  
**Coke on the Market.**

**MAKE MONEY EASY**

If you would do so, invest in Town Lots in  
the most substantially founded and best busi-  
ness community in the Crows Nest Pass.

**THAT PLACE IS COLEMAN.**

Write to or apply at the head office of  
**THE**  
**INTERNATIONAL COAL & COKE CO., LTD.**  
At Coleman, Alberta.

**BLAIRMORE FLOUR & FEED**  
**STORE**

**W. Wolstenholme, Prop.**  
- Ninth Avenue -

HEADQUARTERS FOR -  
**Hay, Oats, Wheat Bran &c**  
**Agent for "PURITY" FLOUR**  
The Best Flour on the Market

PHONE 140. P.O. BOX 82

**Blairmore. - - - Alberta**

**WATSON'S**

Frank - - - Blairmore  
**DRUGS** **HOSPITAL SUPPLIES**

**Christmas Goods**

We have just received a large consignment of  
Christmas goods suitable for presents to send to  
your friends in the Old Country. A large sup-  
ply of picture post cards also just in. We  
invite you to come in and inspect our goods.

**There's a Reason**  
**Remember WATSON'S Store**

**MAKE YOUR**  
**HENS LAY!**

By giving them  
**DR. HESS' PANACEA**  
**35c per package**

**The Blairmore Hardware Co.**  
L. DUTIL, - Prop.



Andrej Luko, publisher of the Slovesake Slovo, New Michel, paid us a fraternal visit on Wednesday.

## CANADIAN PACIFIC

### Western Excursions

#### Single Fare

PLUS \$2.00, FOR THE ROUND TRIP

From all stations in Ontario, Port Arthur and West, Manitoba, Saskatchewan & Alberta

— to —

### Vancouver

### Victoria and

### New Westminster

Tickets on sale December 15, 16 and 17, 1910; January 20, 21, 22 and 23, and February 14, 15 and 16, 1911; good to return within three months from date of issue.

Apply to nearest Canadian Pacific Railway Agent for full information.

## A Purchase

### That Will Pay!

PASSBURG is going to be The Metropolis of the Foothills, and Land is increasing in Value faster than in any other part of Sunny Alberta.

The Prettiest and the Most Conveniently Located Residential Lots on the Townsite are now on the market and for sale by the undersigned.

Low Prices and Easy Terms to those requiring Building Lots.

Plans, etc., may be seen on application to

### JAMES REDFERN

REDFERN'S LAKE

Passburg, - Alberta

## FOR SALE

First-Class Restaurant business, centrally located. No better stand in the town for a good, lucrative business.

#### REASON FOR SELLING -

Present proprietress purposes taking up private residence.

Apply to

MRS. A. BRYDEN,

GREAT WEST CAFE

Blairmore, - Alta Frank, - Alta.

### Help Mother

The girl that gives way to the desire to gad about the streets and cultivate the acquaintance of young men; the simpering simpleton is laying the foundation of a useless life. Ten to one when she is married she will develop into a slatternly gossip, if no greater misfortune befalls her. It is the girl of good, sound hard sense, the girl who loves home and helps her mother who wins the model man and becomes an ornament to womanhood. The girl that does this and devotes part of her time in reading and strives for the grace of mental development commands the respect and esteem of every body while gadding street ornaments only win the admiration of those whose attention is not worth having.

While it is often impossible to prevent an accident, it is never impossible to be prepared—it is not beyond any one's power. Invest 25 cents in a bottle of Chamberlain's Liniment and you are protected for sprains, bruises and like injuries. Sold by dealers everywhere.

John R. McDonald, of Lille, has been appointed manager at the Bellevue mines. Stephen Sixon succeeds Mr. McDonald as pit boss at Lille.

## Blairmore Shoeing Forge

R. SMALLWOOD, Proprietor

Formerly owned by H. Gebo

First-Class Work guaranteed.

Prompt attention given to all work.

Experience in all branches of the trade.

Never Slip Shoes in stock.

Blairmore - Alberta

### The Blairmore Livery Stable

Bruneau & Houston,

Barn Phone, No. 73.

House Phone, No. 16.

Blairmore, - Alberta

## McFARLANE

The Pool Room of The Pass

## NEW TABLES

— ALSO —

English Billiard Table

The Best Bowling Alley in The Pass

The Finest Brands of Tobaccos

and Cigars Kept in Stock

Frank - Alberta

## FOR SALE

ONE GOOD OXFORD PORT-

ABLE BAKE OVEN,

Everything complete will be sold

cheap. Apply to F. O. BOX 17,

Blairmore, - Alta Frank, - Alta.

## News of World-Wide Interest From the Canadian Metropolis

(From our own correspondent.)

Montreal, Feb. 1.—The death of school teachers, ever a live topic in the rural districts of the country, bids fair to become even more acute in the near future on account of the legislation foreshadowed by Sir Lomer Gouin at the opening of the Quebec Legislature concerning advancement on educational projects in the Province of Quebec. Sir Lomer says that special inducements are to be offered for the engagement of male teachers by the different school boards, and that, in this way, he hopes to be able to see education in the country parishes equal that of the cities. At present as soon as a school teacher procures a diploma he or she invariably moves westward. Sir Lomer says now that he will have work for them to do near home, and that the expanding West must look elsewhere for its supply.

Excitement and interest in the Houndstitch battle between anarchists and London police some time ago received new impetus here when it became known that orders had been issued from Scotland Yard to all the police and detective departments in Canada to keep a sharp watch on all suspicious characters in their districts, and to be particularly careful to see to it that they were under direct surveillance for the few weeks prior to Coronation. As a result of this the Dominion Police, under Colonel Percy Sherwood, have been most active and a large force has been sent down to the boundary to board and inspect trains coming in from the ocean ports of the United States to Canada. This work was being done quietly and effectively, but this week Inspector Parkinson held up a party of four at Rouse's Point, coming into Montreal from New York. There were two women and two men in the party. The Inspector told them, in his usual quiet manner, that they would not be able to enter Canada. One of the women, becoming angry, drew a long hat pin and tried to stab the inspector.

The consequent small riot in the sleeping car aroused the curiosity of the passengers and the story leaked out. Later, the Inspector announced that never before had the authorities turned back so many people, under one circumstance or another, as in the past two weeks.

If there is any faith to be put in figures, Canada's parole system of dealing with criminals has proved its value during the eleven years it has been in operation. Dominion Parole Officer Archibald, in the course of an inspection trip at St. Vincent de Paul penitentiary, said that, of the three thousand and seventy-two prisoners who have been released from the penitentiaries on parole during that period, two thousand have justified their right to freedom by living the lives of self-respecting and industrious citizens, nine hundred and ninety nine are still replying to the authorities, and only sixty-two have found their way back to

## A HOME Away From HOME

### Cement Lodge Boarding House

Is the place for Young Men, living in Blairmore, who desire a good Home, as everything is done to make them comfortable, and the

Table is Second to None in the District

Terms on application.

Pinkney & Lee  
PROPRIETORS

## For Sale

Log house in Blairmore annex. Must be sold at once. Apply to

K. McFARLANE  
Frank, Alberta.

the courts through the lures of their old habits and activities.

There is not very much use trying to play the role of stock market Bear these days. The tendency is all the other way and the Bulls have the call every time. Times are too prosperous just now to think or talk of declining values. The Bulls even say that Canada is getting to the stage where a set back across the border would not effect us to any marked extent.

Three years ago, it will be remembered, there was next door to a financial panic in the United States and although Canada was enjoying an unexampled era of prosperity the adverse influences from abroad called a halt and there was a general readjustment of values in consequence of the interference to the wave of prosperity at home. As Canada grows bigger and stronger financially the more she becomes independent of what financial turmoil Uncle Sam may see fit to permit within his borders.

The enormous inflow of capital from different parts of the globe, but particularly from the land of John Bull, shows no sign of cessation and with the development of our own great resources keeping on apace it looks as though the preaching of the Bull element ought not to be far wrong, even if it does appear a little over-enthusiastic to the moderate man in the "Street."

Several things have occurred within the past few months to give additional stretch to Canadian credit abroad and nothing could have been finer if that respect than the recent demonstration of the wonderful earning capacity of the Canadian Pacific Railway as shown by the decision of the directors within the past few days to place the stock on a 10 per cent. dividend basis.

## Blairmore Hotel

D. C. DRAIN, Prop.  
BLAIRMORE, ALTA.

306

OUR BAR IS STOCKED WITH THE FINEST WINES  
LIQUORS AND CIGARS

Good Rooms. Good Meals. Rates, \$2.00 per day and up

## P. Burns & Co., Limited

### Choice Meats

both fresh and smoked

Turkeys

Ducks

Chickens

Geese

PROVINCIAL CREAMERY BUTTER

Give us a trial

FRAYER'S PHONE NO. 29

SINCLAIR'S PHONE NO. 60

## Frayer & Sinclair

Contractors & Builders

PLANS FURNISHED  
ESTIMATES GIVEN

DEALERS IN

Rough & Dressed Lumber, Sash & Doors

Shingles & Lath

Blairmore

Alberta

## Crow's Nest Flour & Feed Co. Ltd

Wholesale and Retail.

Agents for

The Macleod Milling Co's Celebrated Pantry Queen Flour.

Butter and Eggs a Specialty.

Blairmore,

Alberta

## TENDERS WANTED

Tenders will be received at the office of the Secretary-Treasurer of Blairmore Council on or before Saturday, Feb. 11, 1911, on which to erect a Fire Hall for the village of Blairmore. Lowest or any tender not necessarily accepted.

W. A. BEEBE,

Secretary-Treasurer

Blairmore, Alberta

January 21, 1911.

Quite a number of Blairmore people attended the dance at Coleman on Friday night last.

## TENDERS WANTED

Tenders will be received by the Secretary-Treasurer of the Board of Trade, Blairmore, up to noon on Monday, February 6th, 1911, for suitable place in which to hold Board of Trade meetings. Place to be lighted and heated by the successful tenderer, and to be available whenever Board of Trade requires it. State price per month, lowest or any tender not necessarily accepted.

T. B. GEORGE,

Secretary-Treasurer

Blairmore Board of Trade, Blairmore, Alberta, January 30, 1911.

## THE LEITCH COLLIERIES, LTD.

Passburg, Alberta

## Steam and Domestic Coal

High Grade—Uniform Quality

Head Office

Northern Bank Building, Winnipeg, Man.

Sales Office and Mines

Passburg, Alta.

Careful Attention to all Trade.

Correspondence Solicited.

SEA SLUGS ARE A PROFITABLE  
CROP OFF AUSTRALIA.

**A Costly Pauper.**  
Jane Avery, a feeble-minded woman, who has died at the Eastbourne, Eng., workhouse at the age of eighty-nine years, had been an inmate of the workhouse since she was four days old, and had cost the ratepayers over £8,000.

## Northwest Frontier Conditions Are

**An Adventurous Skipper.**  
Captain G. B. Blythe, of Coventry, England, is making a trip round the world in a nine-ton yawl, the Pandora, built for him in Western Australia.

A famous lone sailor is Captain Slocum, who navigated an old fishing sloop 45,000 miles. He left Boston in 1900 in the *Sequoia*.

## Moose and Garibou Lead Among Kids

The last man executed in England for ship scuttling was Codling, hanged on a gallows about 1804 for scuttling a vessel in the Downs in order to obtain the sum for which she was insured. Less drastic laws prevail now, and the gravity of such a case is met by penal servitude and the canceling of certificates should the offenders be shipmaster or officer.

Bobby Leach looks first at the B

the star dancers would perform "Bacchanale." And, replying to the one of the ladies who had ended the long wait brought down the little circle's part of the house with "This can't tell us anything about 'back alley'."

est. He is the Only Reluctant Chamber

**Criminal Statistics.**

The criminal statistics for the ended Sept. 30, issued recently, show that both charges and convictions have increased during the year. Prince Edward, Saskatchewan and Alberta, while they have decreased New Brunswick, Quebec, Manitoba and British Columbia. As for Ontario and Yukon, the figures show

**MANY JOBS; NO TITLE**

powerful searchlight passed over here shortly after one o'clock this morning, traveling about six hundred feet high. People of Irving, Alberta, saw it at 4:35 going west.

But this is not all. St. Hyacinthe, Que., saw the mysterious air craft flying westward, on Sunday, and Fort William takes up the wondrous tale on Wednesday, adding that it was seen by two train crews some distance

### Whistler Slumbered.

**An Adventurous Skipper.**  
Captain G. B. Blythe, of Coventry, England, is making a trip round the world in a nine-ton yawl, the Pandora, built for him in Western Australia.

A famous lone sailor is Captain Slocum, who navigated an old fishing sloop 45,000 miles. He left Boston in 1900 in the *Seasearch*.

### An Adventurous Skipper.

Directors of physical culture say that

### Ship Scuttlers.

program informed the others that the star dancers would perform.

Ambiguous.

### Criminal Statistics.

n charges and increases. The convictions de-

powerful searchlight passed over here shortly after one o'clock this morning.

But this is not all. St. Hyacinthe, Que., saw the mysterious air craft flying westward, on Sunday, and Fort William takes up the wondrous tale. On Monday, B.C. saw over St. John's, and two train crews some distance apart, while Mrs. Grenfell, wife of the noted deep sea missionary, writes on Tuesday, "I saw over St. Anthony's, in far northern Labrador, a week ago."

Prince Rupert, B.C. has not been reached yet, but hopes are still entertained.

"There is no doubt about it," said a prominent official of the Dominion Alliance, when asked for his opinion.





# Patronizing Follows Persistent Advertising

## THE CASH STORE

PHONE 13

A Few of Our Prices are

FLOUR: Five Roses, 98 lb \$3.50	Tomatoes, Triangle brand 15c
Robinhood, 98 lb 3.50	French Peas, ..... 12 1/2c
St. Charles Cream, ..... 10c	Standard Peas, ..... 12 1/2c
Creamery Butter, 3 lbs. \$1.00	Dried Peas, - 4 lbs., ..... 25c
Force, per package, ..... 15c	Red Cross Chow, 1 lb bottle 30c
Corn Flakes, ..... 10c	White Onions, 1 lb bottle 20c
Cream of Wheat, ..... 20c	Clover Leaf Salmon, red, 20c
Orange Maize, large, 2 for 45c	Thistle Brand "large 12 1/2c
Puffed Rice, per package 12 1/2c	Table Salt, 4 bags for 25c
Magic Baking Powder 12oz 20c	Toilet Soap, 6 cakes for 25c
" " " 5s. 1.15	Royal Crow Soap, carton 22 1/2c
Dr. Price's "do 12oz 40c	Sunlight Soap, 20 cakes \$1.00
" " " 5s. 2.10	

Pay Day will soon be here. Keep back \$30.00 and buy your groceries for the following month at The Cash Store. —No worry. No disputes. The cash buyer is an independent buyer. No obligations to anyone. Many people are feeling 'chesty' over the

NEW WAY OF DEALING. — YOU TRY IT.

## CASH STORE

BLAIRMORE ALBERTA

### Blairmore Liquor Store

THE LIQUOR STORE OF QUALITY

WE CARRY THE BEST

wines and liquors and the possum party and deliciousness of flavor that is highly satisfactory. Prepare for the Holiday Season.



WINES AND LIQUORS

are the kind you should serve. They'll please everyone who appreciates quality and smoothness in taste. Place your order now, delivery will be made immediately.

Phone Your Orders To No. 45 and You Can Depend on Prompt Delivery.

M. Rosse

Proprietor

## WEST CANADIAN COLLIERIES LIMITED

Belgian Coke Ovens, of the

Bernard Type, in use at Lille.

### Miners of

STEAM, COKING AND DOMESTIC COAL

MINES AT BLAIRMORE, LILLE AND BELLEVUE

HEAD OFFICE AT

BLAIRMORE

ALT.

## WE DO GOOD JOB WORK

Prompt Service. PHONE 11.

Best Attention P.O. BOX 'E'

## IMPORTANT MATTER

Discussed at Special Meeting of Board of Trade Held on Monday Night.

### INCORPORATION OF BLAIRMORE

Is a Live Topic—Gaining Popular Support—Many Arguments Advanced in Its Favor

A special meeting of the Blairmore Board of Trade was held in the Union Bank building on Monday evening last. There were present: President R. W. Coulthard, T. B. George, Secretary, W. A. Beebe, H. E. Lyon, L. Loughhead, D. C. Drain, J. Menard, J. G. Smith, Louis Dutil, J. Montalbetti, Archie McLeod, J. A. MacDonald and J. D. S. Barrett.

The first business to be brought forward was the matter of another and larger meeting place. The Board decided that because of the increase in membership, their present quarters were not large enough. Further, the Board of Trade thought that they needed a room of which they could have exclusive rights so that it might be used by them as an advertising bureau as well as for their regular meetings and for other purposes. Still further, some of the members thought that the Board should erect a suitable meeting place of their own and call it the Board of Trade building. And still further, it was moved by L. Dutil, seconded by J. A. MacDonald that the Board of Trade advertise for tenders for a building suitable for their purposes and to be occupied by them for six months, by which time, it was thought by some, a new fire hall and council chamber would be completed and the Board of Trade may be permitted to hold their meetings there. Carried.

The most important business to come before the meeting was that of incorporating Blairmore into a town. This subject took up considerable time and nearly every person present had something to say either for or against it. The first to give vent to his feelings was D. C. Drain, proprietor of the Blairmore hotel. He was in favor of incorporating Blairmore into a town. He thought that it was the very best thing that Blairmore could do.

H. E. Lyon said that he had not given the matter sufficient thought to be able to express an opinion. He wanted to hear what others had to say. He thought that figures regarding the running expenses and the rate of taxes of some of the incorporated towns in this district would be very valuable to the Board, and he wished especially, to hear from any present who may have such.

J. D. S. Barrett produced figures which showed that the towns of Coleman and Pincher Creek were benefited by incorporation. He said that incorporation did not necessarily mean an increase in taxes. The school and town taxes of Pincher Creek, although that town had been incorporated about seven or eight years, were only two mills more than that of Blairmore, and Coleman's school

## PUBLIC MEETING

A public meeting will be held in the Mercantile hall on Monday evening, February 13th, for the purpose of considering the advisability of taking the census of Blairmore with a view to incorporate Blairmore into a town.

### Death of William Mills

The death of William Mills, ex-mayor of Renfrew, and father of Mrs. H. E. Lyon, of Blairmore, took place at Denver, Col., on the 25th ult. Mr. Mills left his home at Renfrew, on January 18th, for Denver and his death occurred unexpectedly at St. Luke's hospital. Mr. Mills was well known to Blairmore people, having visited here annually for the past several years and his sudden demise will be received with regret by a large number of our citizens.

and town taxes were four-and-a-half mills less than our own. He thought that incorporating Blairmore was a step towards progress. The town needed many improvements but was unable to get them because of insufficient funds. If we were incorporated our borrowing powers would be greatly increased and funds sufficiently large to make the necessary improvements would be available, and the value of property would then be greatly enhanced.

R. W. Coulthard, general manager of the West Canadian Collieries, thought that the time for incorporating Blairmore into a town had not yet arrived. He was in favor of incorporation if introduced at the proper time. We are just getting a good start, and incorporation would probably retard our progress. He informed the Board that several capitalists had their attention turned in this direction and he was of the opinion that new industries would be opened up in Blairmore if incorporation were delayed another year. To establish in an unincorporated town, where they would be practically exempt from taxes for a while, at least, would, he thought, be a great inducement to those concerns. If we incorporated this town we may be so doing delay the establishing of several large and important industries in Blairmore and we would consequently suffer.

J. G. Smith thought that new industries establishing in Blairmore after we are incorporated should be exempt from taxes for several years. He believed that incorporation would be a benefit to the place.

L. Dutil believed that Blairmore badly needed incorporation and that she should show herself progressive and be incorporated into a town without any unnecessary delay. He spoke for some time and gave many good reasons why Blairmore should be made a town.

It was moved by J. A. MacDonald, seconded by J. G. Smith that the board write to a number of incorporated towns in the Crow's Nest Pass for information regarding the benefits and otherwise accrued from incorporation. Carried.

No further business. Home is where love rules, unselfishness, tact and harmony exist.

## BLAIRMORE BOOMING

Building Will be Brisk This Year

—Will be Even Better Than Last Year

### M. ROSSE WILL BUILD HERE

Will Erect Large Brick Building on Victoria St.—Another Business Opening

If present reports are to be taken into account, the building boom in Blairmore during 1911 will even exceed that of the past year, which is saying a great deal when we consider that over two hundred creditable residences and nine large business buildings were erected here during 1910.

The latest building in the business section decided on is that of M. Rosse's which will be erected on Victoria Street, between Seventh and Eighth avenue, where the Great West restaurant now is. It will be a brick structure, 80 feet long, 25 feet wide, two stories and will have full size basement. It will cost \$10,000.

The ground floor will be used as a general store while the upstairs will be used for a hall or will be made into offices. This will be a fire proof building, will be steam heated, will have electric lights, water sewerage and will be fully modern and up-to-date in every particular.

Work on tearing down the old restaurant will be commenced as soon as the frost is out of the ground and work on the new brick building will immediately follow.

### Blairmore Council Report

On account of being pressed for space we were unable to publish in our last week's issue a statement of the work done by last year's town council, which did more for the benefit of Blairmore and which made more general improvements than any previous council.

The building of a bridge across the Old Man river, at the north end of Sixth Avenue, was badly needed and the council supplied a long-felt want when it erected that creditable and substantial structure.

The necessity of improving State Street, grading Victoria Street, building a bridge across the river on the Pelletier sub-division and the building of several culverts on the back streets will not be questioned.

The financial statement is as follows:

FINANCIAL STATEMENT	
Taxes collected, .....	\$2,005.98
Arrears of Taxes, .....	71.95
Poll Tax, .....	592.00
Notes discounted, .....	8,429.40
Licensed Shows, .....	15.00
License Liquor, .....	40.00
Licensed Pool Room, .....	20.00
Licensed Pedlars, .....	60.00
Dog Tax, .....	60.00
Tent disposed of, .....	5.00
Outstanding cheques, .....	5.50
Fines, .....	15.00

Total Receipts, \$6,005.58.

EXPENDITURES	
Official's salary, .....	\$147.40
Int. on notes & notes disc'd, .....	1147.70
Rebates in taxes, .....	39.50
Paid on cemetery account, .....	5.00
Stationery and Printing, .....	29.00
Tools and equipment, .....	354.58

Cross walks, .....	76.54
Roads and Bridges, .....	1554.47
Fuel, .....	5.50
Advertisements, .....	7.00
Health, small pox, diphtheria, etc., and other expenses therewith, .....	942.92
Total expenditures, .....	\$4,807.71
Balance on hand, .....	\$1,697.87
Total, .....	\$6,005.58

### Home Sweet Home

Home is the dearest shelter from the cradle to the grave. Home is where the wife is neat and clean and the husband is sober and industrious, children respectful.

Home is a comfortable and necessary retreat and shelter for us in advanced age and if we do not plant it while young it will give us no shade when we grow old.

## Alberta Trading COMPANY

High Class Family Grocers

Everything to eat, Nice and Fresh.

WE DON'T UNDERSELL ON ONE ARTICLE AND OVERCHARGE ON ANOTHER.

We sell you everything at the right price.

Give us a trial and let us prove this to you.

Galer & Hamel

TELEPHONE 147

Kullik Block

Blairmore, - Alta

## W. A. Beebe

Real Estate and Insurance

Broker in Mines and Mining Stocks

Houses for sale or rent and rents collected.

Issuer of Marriage Licenses and Notary Public

VICTORIA STREET Blairmore, Alta.

## FRANK HOTEL

A. MANUEL, PROP.

Provides The Best Accommodation

Thoroughly First-Class

In all respects

FRANK Alberta